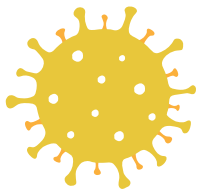


# TALK

COVID  
Crisis Counseling

Call Now  
505-954-1057  
It's Free & Anonymous

Step 1



Concerned

Step 2



Feeling  
Anxious &  
Overwhelmed

Step 3



Call Us  
& Talk

Step 4



Feel Better



If you or someone you know  
is experiencing overwhelming anxiety or  
grief, reach out to talk to someone  
free and anonymous at  
505-954-1057  
**Help is available.**

You are not alone.  
Reach out anytime & anywhere.

**Free and anonymous talk counseling.**

Call 505-954-1057

**TALK:** COVID Crisis Counseling



HUMAN SERVICES  
DEPARTMENT

Behavioral Health Services Division  
New Mexico Crisis and Access Line

I need **BALANCE**.

I feel so **ALONE**.

I'm **WORRIED**  
about my family.

You are resilient and together  
we will get through it.

We are here to help you cope  
emotionally and find more balance.

Take care of your emotional health.

It's normal to feel  
anxious and worried about  
the COVID virus.

Everyone reacts differently and  
feelings may come and go.

How can I **COPE**?

I'm **STRESSED**  
about \$.

I am **OVERWHELMED**  
with uncertainty.